

Tobacco Cessation Program

Session 4

“Examining the Hurdles”

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Objectives:

- Determine if weight gain is a hurdle to success
- Develop a plan to make it over that hurdle



You take one hurdle at a time...

As you prepare for freedom from tobacco addiction, it is important to put into place effective coping plans so stress and weight gain don't become hurdles in your process of change.



Do You Have To Gain Weight When You Quit Using Tobacco?

There is evidence that those who quit tobacco, especially women, tend to gain weight. But such a scenario is not a "cause and effect" situation and is certainly not inevitable. Not everyone gains weight after quitting, and a lack of tobacco certainly does not cause an increase in calories.

Also, continued tobacco use is a lot more dangerous than the added pounds quitting might bring. Remember - if you have the will to quit the addiction to nicotine, you certainly have the will to stick to a diet.

The Connection Between Tobacco and Eating

When you quit using tobacco, your body goes through tremendous changes, including heightened senses of taste and smell. This can lead to an increase in the appreciation of food and thus a sharper appetite. Fattening foods may partly suppress your continuing craving for nicotine, or you may feel that you deserve these high-fat "treats" as just compensation for giving up tobacco.

Tips for the transition

Weight gain after quitting tobacco use is less likely when you have a plan for coping with the added temptation of high fat, high calorie foods. Here are some tips to help you make the transition:

- Drink more fluids, especially water. Six to eight glasses a day are recommended.
- Eat lots of high-fiber foods like fresh vegetables, fruits, and grains. They're low in calories and keep your mouth busy with something besides a tobacco product.
- Choose sensible snacks. The best snack foods are ones that are filling without having a lot of calories, snacks such as popcorn (seasoned with herbs and spices, not butter and salt), whole fruit, whole wheat bagel with apple butter, seasoned rice cakes, and unsweetened cereals with nonfat milk. Don't go overboard, even with sensible snacks.
- Leave the table after a meal but before a dessert, especially if that's when you used to reach for tobacco.
- Chew sugar-free gum or a toothpick as a nonfattening cigarette substitute.

- Exercise - vigorous exercise can help curb both nicotine and food cravings at once. Go for something you really enjoy, such as walking, swimming, bike riding, jogging, tennis, or aerobic dance. Exercise also helps relieve stress and tension.
- Use relaxation, stress reduction, and meditation techniques to rid yourself of the stress you may have tried to mask first with tobacco and then with eating. This may help you get to the source of both problems.

Even if you do gain some weight after quitting your tobacco use, if you follow these tips, especially exercise, you should lose those extra pounds within a few months. A tobacco free diet with exercise can be your prescription for a long, healthy life.

Find Your Eating Triggers

Rate each of the statements below using the following scale:

3 = Always

2 = Sometimes

1 = Never

Even when I am not hungry, I want to eat when:

___ I am with others who are eating (P)

___ I am on vacation or it is a holiday (E)

___ I pass a restaurant, snack bar, or vending machine (S)

___ I am reading or watching TV (A)

___ I am feeling tired (F)

___ I am celebrating or entertaining (6)

___ I first get home (T)

___ I see food at home or work (S)

___ I am traveling (A)

___ I am feeling lonely, bored, or sad (F)

___ I am with friends (P)

___ I am ready to go to bed (T)

Total the numbers circled for each letter:

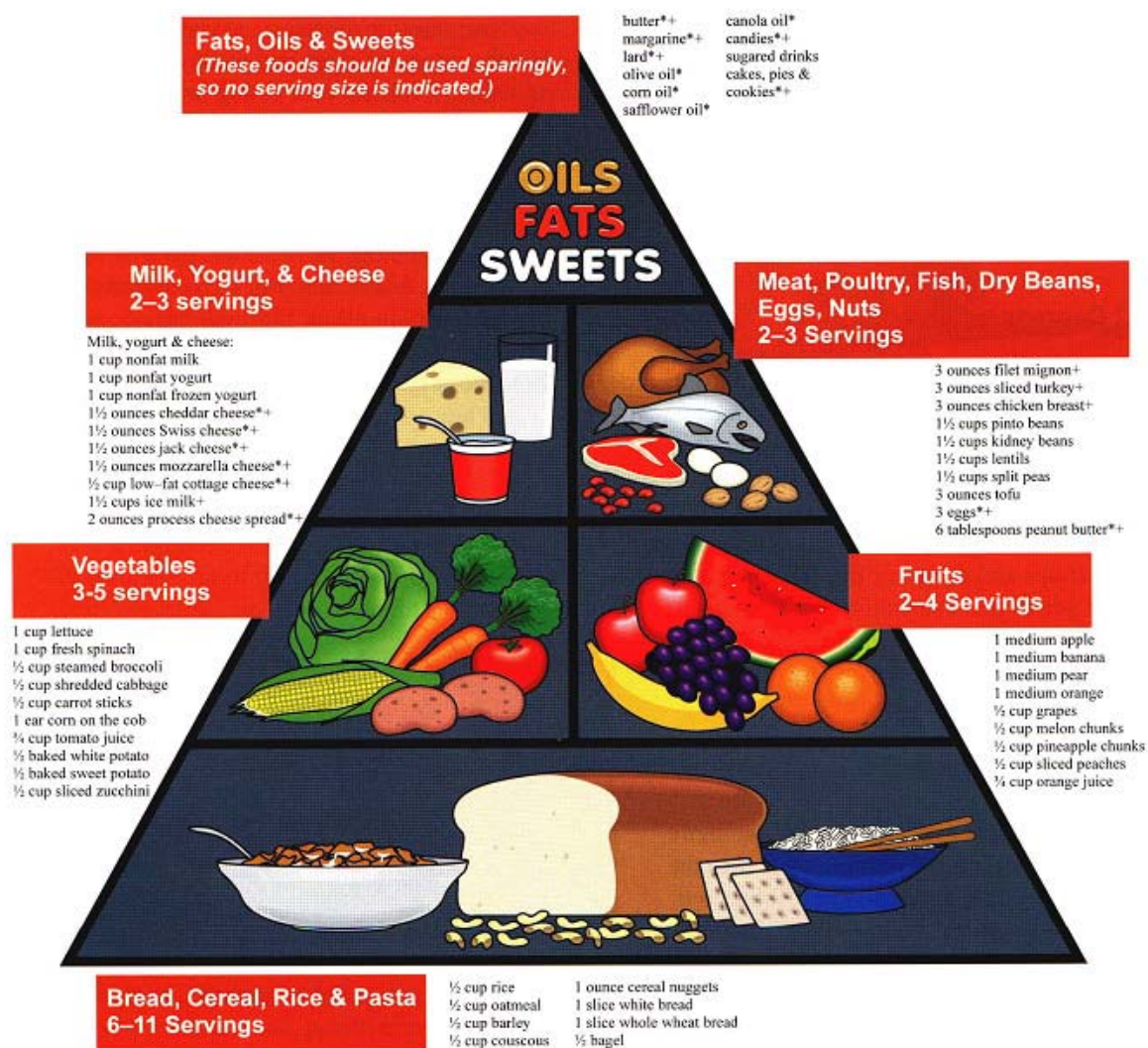
A=___ P=___ F=___
activities people feelings

E=___ S=___ T=___
events senses time of day

When we stop to evaluate why we eat, more often than not it is for reasons other than the physical need for food (hunger). Tobacco is usually a significant "comfort" product for users. As the tobacco is removed, food can easily become the comfort product. It is a good time to evaluate why you eat and to prepare a sensible nutrition plan so the process of tobacco cessation does not lead to significant weight gain.

The higher your score for each trigger, the more likely you are to use food when this trigger occurs. Many times we eat or snack without an awareness of the calories we are consuming when we are not physically hungry. Once you have identified the triggers that promote eating when you are NOT hungry, you can make a conscious effort to be aware and to substitute healthy, low-calorie snacks, or other comfort activities.

What is the Food Guide Pyramid?



The Pyramid is a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight. The Pyramid focuses on fat, because most people eat too much fat, especially saturated fat.

Following the guidelines of the U.S. Department of Agriculture, we have compiled a list of examples for each of the food groups. Each item on the list counts as one serving. But some foods are so high in fat that eating an amount equivalent to one serving may add too much fat to your diet. These foods are marked with an *. Foods that contain saturated fat or cholesterol are marked with a +.

Food Pyramid Alert!!

The amount you are eating may be more than one serving. For example, a dinner portion of spaghetti would probably be 1 to 2 cups, which are 2-4 servings from the bread group.

What counts as a serving?

Bread	Vegetable	Fruit	Milk	Meat	Fats/ Sweets
1 slice of bread	½ cup cooked or raw vegetables	1 medium piece	1 cup milk	3 ounces cooked lean meat	Limit use
½ cup of pasta	1 cup leafy vegetables	¾ cup juice	1 1/2 ounce cheese	1/3 cup nuts	
½ cup cereal (cooked)	6 ounces (¾ cup) vegetable juice	½ cup canned	1 cup yogurt	½ cup beans	
1 cup dry cereal		¼ cup dried	1 cup Skim, 1%, 2% milk	1 egg	
½ cup rice		1 cup berries	½ cup cottage cheese	2 tablespoons peanut butter	

How many servings do you need each day?

	Most Women Older Adults	Teen Girls Active Women Most Men	Teen Boys Active Men
Calorie Level*	about 1,600	about 2,200	about 2,800
Bread	6	9	11-12
Vegetable	3	4	5
Fruit	2	3	3-4
Milk	2-3**	2-3**	3**
Meat	2	2	4

* These are the calorie levels if you choose low-fat, lean foods from the major food groups and use foods from the fats and sweets group sparingly.

**Women who are pregnant or breast-feeding, teenagers and young adults to age 24 need 4 servings.

A closer look at fat and added sugars:

The small tip of the food pyramid shows fats and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins, minerals, or other nutrients. Most people should go easy on foods from this group. Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats and sweets from the pyramid tip.

Evaluate Your Eating Habits

Each of the food groups provides some but not all of the nutrients you need. No single group is more important than another. For good health and a sensible nutrition plan for life, you need nutrients from all food groups.

- Start with plenty of WHOLE GRAINS (breads, pasta, cereals, rice), VEGETABLES and FRUITS.
- Add 2-3 servings from the MILK group.
- Add 2-3 servings from the MEAT and ALTERNATIVE group.
- Go easy on the EXTRAS (fats, oils, and sweets).

Step One: For one day during the next week, use the Food Record (below) and write down what you eat. Be honest about the serving size. Include ALL snacks and the EXTRAS like butter, mayonnaise, and regular soft drinks!

Step Two: Now refer to your Food Pyramid and guide for serving size. Divide the foods you ate into the five food groups and extras. Using the recommended serving sizes to determine how many servings you ate from each food group. (example: 1 cup of noodles = 2 grain servings)

Food Group	How many servings did you eat?	Number of recommended servings	How did you do?
Milk, yogurt, cheese		2-3	
Meat, poultry, fish, dry beans, eggs		2-3	
Vegetables		3-5	
Fruits		2-4	
Breads, cereals, rice, pasta, grains		6-11	
Extras (Fats and oils)		Limit	

Did you eat from all food groups? Did you eat more or less than the recommended servings? How many “extras” did you have? Calories from extras add up quickly -- just one pat of butter is 100 calories.

Step Three: If you want to improve your eating habits, set one small, manageable goal at a time. Goals should be as simple as:

- Switch from regular to diet soda pop.
- Eat a healthy breakfast each morning.
- Eat only one small snack after dinner.
- Limit “goodies” to twice a week.

Keep a daily record of your food intake to see how you are doing. When you feel comfortable with your new goal, set another. Small, manageable steps are the keys to permanent weight management.

Daily Food Record (Use the back of this sheet if you need more space)

Time	Meal	Snack	Hunger (0-5)	What Food / Amount	Where	Alone or with Whom	Doing What	Why / Feelings Tobacco?
1030		X	2	Jelly doughnut	Desk	Alone	Completing report	Someone brought doughnuts in, didn't eat breakfast, bored, usually smoke now

Meal Planning

Planning meals ahead will help you deal with food cravings, reduce the stress of meal preparation, and help ensure you eat a well-balanced diet. When planning meals, choose from whole grains, lean meats, and fresh fruits and vegetables. Make a list of foods to buy. Go to the grocery store, and only buy what's on your list.

Here is a sample menu for your use. For serving sizes, refer to the Food Pyramid.

Breakfast	Lunch	Dinner
DAY ONE		
Two slices whole grain toast w/ apple butter, low-fat strawberry yogurt, orange juice, decaf coffee or tea	Turkey sandwich w/whole grain bread, w/mustard or fat-free mayonnaise, garden salad with fat-free dressing, fresh strawberries, hard pretzel, diet caffeine-free soda pop	Baked fish, asparagus, baked potato w/ tomato salsa or nonfat sour cream, frozen fruit juice bar, skim milk
Include a low-cal snack at mid-morning and mid-afternoon (raw vegetables, rice cakes, low-fat popcorn, etc.)		
DAY TWO		
Egg white omelet, English muffin with grape jelly, tomato juice, decaf coffee or tea	Tossed salad w/ fat-free dressing, tuna fish salad with fat-free mayonnaise and celery on small whole grain roll, small pear, skim milk	Baked skinless chicken breast, carrots, steamed broccoli, rice, low-fat frozen yogurt, diet caffeine-free soda pop
Include a low-cal snack at mid-morning and mid-afternoon (raw vegetables, rice cakes, low-fat popcorn, sugar-free Jello, frozen juice pop, one hard pretzel, etc.)		

The First Step in Eating Right is Buying Right

Food Group	Choose	Go Easy On	Decrease
Breads, Cereal, Pasta, Rice, Potatoes	Whole grain breads, English muffins, low-fat crackers, rice cakes, low-sugar dry and cooked cereals, pasta, brown rice	Prepared pancakes, waffles, biscuits, cornbread, muffins, croutons, stuffing	Croissants, sweet rolls, pastries, doughnuts, snack crackers, granola, rice or pasta prepared with butter, cheese or eggs, French fries
Fruits and Vegetables	Fresh, frozen, canned, or dried fruits and vegetables	Avocados, olives, coconut, fruit juice	Anything prepared with butter, cheese, cream, or packed in heavy syrup
Meat, Fish, Poultry, Nuts, Eggs, Dried Beans and Peas	Lean cuts of meats, skinless poultry, dried pea and beans, tofu	Nuts and peanuts	Fatty cuts such as regular hamburger, corned beef, ribs
Dairy Products	Skim milk products, low or no-fat yogurt, and low or no-fat cheeses	2% milk products, part-skim cheeses, “light” sour cream, regular yogurt	Whole milk and any dairy product made from whole milk (cheese, sour cream, ice cream, yogurt, pudding, etc.)

Tips for Weight Management

The following are some keys to lifelong weight management:

- Eat only when physically hungry.
- Plan sensible meals and healthy snacks.
- Always eat breakfast.
- If you have a large meal during the day, have it at noon, and not late in the evening when activity is at its lowest.
- Don't do other things while eating, such as watching TV, working on the computer, reading, etc.
- Eat slowly; put your fork or spoon down between bites.
- Don't take in more calories that you use for energy production.
- Exercise on a regular basis, at least three times a week with an aerobic phase of at least twenty minutes.
- Determine your calorie needs and fat budget. Stay within your plan. With a fat budget, you can still have anything you desire, just adjust the rest of your day's intake of fat accordingly.
- Don't starve your body; maintain a calorie intake of at least 1200 per day. When you starve yourself, your body starts to use fewer and fewer calories to keep it lowers the metabolism rate to store calories as fat, so it won't starve the next time you decide to try a fasting diet approach.
- If you are maintaining your weight, take in 300-500 more calories on the days you exercise. This will provide for the added energy needs and help you stay at your maintenance weight.

For more information about good nutrition, contact a registered dietitian.

Fast Foods: Fat, Calorie, and Sodium Content Guide

Compiled from information provided by nutrition guides available from the restaurants.

McDonald's			
Menu Item	Calories	Fat (g)	Sodium (mg)
Big Mac	500	26	890
Quarter Pounder	410	20	645
Quarter Pounder With cheese	510	28	1110
McChicken	470	25	830
Medium Fries	320	17	150
McMuffin with Sausage, Egg and Cheese	430	25	920
Breakfast Burrito	280	17	580
Arby's			
Menu Item	Calories	Fat (g)	Sodium (mg)
Reg Roast Beef	383	18	936
Grilled Chicken	430	20	901
Beef N'Cheddar	508	27	1166
Small Fries	246	13	114
Taco Bell			
Menu Item	Calories	Fat (g)	Sodium (mg)
Soft Taco	210	10	530
Taco	170	10	280
Bean Burrito	380	12	1140
Burrito Supreme	440	18	1220
Pintos-n-Cheese	190	8	690
Cinnamon Twists	140	6	190

Burger King			
Menu Item	Calories	Fat (g)	Sodium (mg)
Whopper	630	38	880
Bacon Double Cheese	470	28	800
Whopper Jr.	330	19	500
BK Broiler	280	10	770
Medium Fries	372	20	238
Croissant with Sausage, Egg and Cheese	534	22	985
Breakfast Buddy	255	16	492
Wendy's			
Menu Item	Calories	Fat (g)	Sodium (mg)
Single Hamburger	350	15	510
Grilled Chicken	290	7	720
Jr. Bacon/Cheese	440	25	870
Small Fries	240	12	150
Kentucky Fried Chicken			
Menu Item	Calories	Fat (g)	Sodium (mg)
Extra crispy Breast	379	27	646
Thigh	414	31	580
Lite N'Crispy Breast	204	12	417
Thigh	246	17	386
Nugget(1)	46	3	140

Pizza Hut			
Menu Item	Calories	Fat (g)	Sodium (mg)
Pan Pizza (2 slices) Cheese	492	18	940
Supreme	589	30	1363
Thin N'Crispy Cheese	398	17	867
Supreme	459	22	1328
Personal Pan Pepperoni	675	29	1335
Supreme	647	28	1313

Baskin Robbins Ice Cream			
Menu Item	Calories	Fat (g)	Sodium (mg)
Ice Cream (1 scoop) Vanilla	240	14	115
Chocolate Chip	260	15	110
Pralines N' Cream	240	14	180
Rocky Road	300	14	135
Red Raspberry Sorbet	140	0	25
Waffle Cone	140	2	5
Sugar Cone	60	0	45

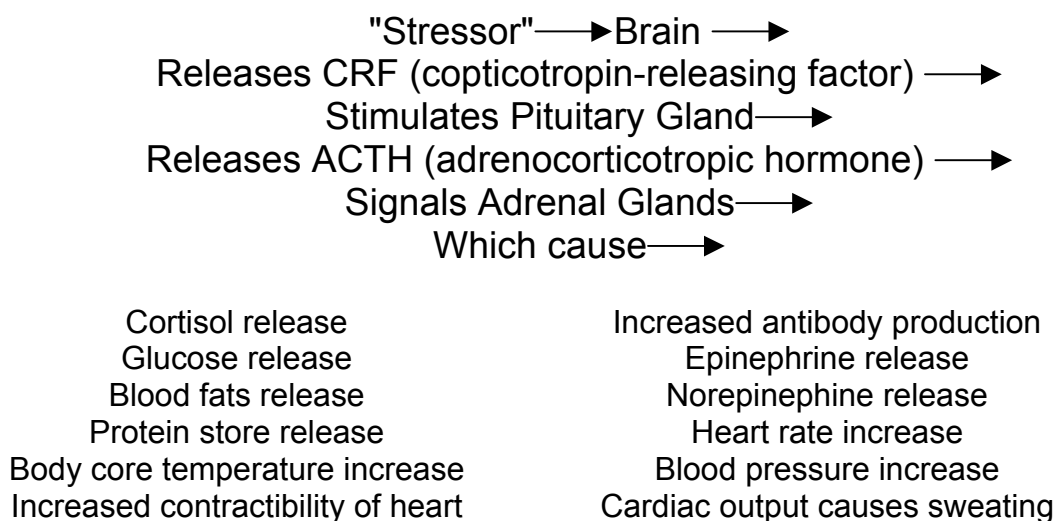
More on Stress Management

The pathway of stress (see diagram, below) is a physiological function that prepares our bodies to respond automatically to perceived danger. This response has two components - readiness and energy production. The readiness response consists of increased heart rate, increased blood pressure, dilation of blood vessels that supply the heart, lungs and brain with blood, and constriction of blood vessels to the rest of the body. The second component assures the body has the fuel to maintain the “fight or flight” for as long as necessary. This component gives the body increased sugar and fats into the blood stream for energy production. The pathway of stress is extremely beneficial because it immediately prepares our body for action.

The stress response is triggered by any stressor. The stressor can be a perceived internal or external danger or anxiety. ***This same response is also caused by every hit of nicotine.*** When the pathway of stress is activated by unmanaged stressors in our life, or hits of nicotine, the body doesn't have time to recover. After a period of time, the body adapts to the continued stress response. This adaptation phase allows the body to return to the usual work of building and repairing cells and tissue damage. However, if the response continues and the nicotine use continues, exhaustion occurs. In this exhaustive phase, tissue damage becomes irreversible.

Frustration is most frequently the common descriptor people use when they are in the exhaustion stage. They feel unable to manage life's stresses. They see no solutions to the situation or the events surrounding the stresses. People often take drastic measures during the frustration stage. They may quit their job, end their relationship, react violently to angry feelings, become clinically depressed, or even become suicidal.

The Body's Response to Stress



Prolonged stress response can lead to:

- **ulcers**
- **ulcerative colitis**
- **heart disease**
- **diabetes**
- **diarrhea**
- **allergies**
- **stroke**
- **migraines**
- **constipation**
- **cancer**
- **hypertension**
- **mental disorders**

Evaluate Your Stress

This is a brief assessment of signs and symptoms of poorly managed stressors. You need stress in your life to get moving. Death is the true definition of no stress. However, all too often we allow stressors to manage and drive us and this leads to signs and symptoms of distress. Without identifying the distress and locating skills and resources to manage the distress, we become frustrated and ill.

A variety of signs or signals should alert you to high stress levels. If you are to manage stress more effectively, you need to be able to detect early signals of stress in your daily life. The following symptoms are stress warning signs. Check all the symptoms you have experienced during the past six months. When you are tobacco free for one year, check this list again. You should see a reduction in the symptoms by as much as 50%.

Symptoms of Stress

- | | |
|--|---|
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> excessive perspiration |
| <input type="checkbox"/> headaches | <input type="checkbox"/> menstrual irregularity |
| <input type="checkbox"/> neck tightness | <input type="checkbox"/> hair loss |
| <input type="checkbox"/> backaches | <input type="checkbox"/> cold sores |
| <input type="checkbox"/> indigestion | <input type="checkbox"/> nightmares |
| <input type="checkbox"/> irritable bowel | <input type="checkbox"/> poor concentration |
| <input type="checkbox"/> ulcers | <input type="checkbox"/> over concern with health |
| <input type="checkbox"/> constipation/diarrhea | <input type="checkbox"/> sleep problems |
| <input type="checkbox"/> nausea/vomiting | <input type="checkbox"/> impotence |
| <input type="checkbox"/> tremors/nervous tics | <input type="checkbox"/> accident prone |
| <input type="checkbox"/> fatigue | <input type="checkbox"/> depression |
| <input type="checkbox"/> urinary frequency | <input type="checkbox"/> hostility |
| <input type="checkbox"/> poor self-esteem | <input type="checkbox"/> hopelessness |
| <input type="checkbox"/> poor sex drive | <input type="checkbox"/> anger |
| <input type="checkbox"/> pounding heart | <input type="checkbox"/> crying |
| <input type="checkbox"/> teeth grinding | <input type="checkbox"/> anxiety |
| <input type="checkbox"/> itching skin | <input type="checkbox"/> confusion |
| <input type="checkbox"/> acne/eczema | <input type="checkbox"/> urge to be alone |
| <input type="checkbox"/> lump in throat | <input type="checkbox"/> helplessness |
| <input type="checkbox"/> sweaty palms | <input type="checkbox"/> obsessions |
| <input type="checkbox"/> muscle tension/spasm | <input type="checkbox"/> startle easily |
| <input type="checkbox"/> hives | <input type="checkbox"/> absentmindedness |

Dealing with Stress – Without Tobacco

Skills to deal effectively with stress are learned. Stress can be a very positive motivator if we learn to manage and direct it rather than allow it to drive and control us. Courses are available for stress management, anger management and financial planning. Talk to the Tobacco Cessation Program Facilitator for more information. The time you take to gain the skills you need in managing stress will bring positive personal health returns. The big step you are taking to become free of the nicotine dependence will most likely reduce your current response to stress by 50% or more

Check the areas of stress management in which you will seek to develop skills during the next year:

- ☐ Anger Management
- ☐ Team Building
- ☐ Time Management
- ☐ Dealing with Hostile People
- ☐ Negotiation
- ☐ Parenting
- ☐ Fighting Fair
- ☐ Conflict Resolution
- ☐ Active Listening
- ☐ Rational Thinking
- ☐ Personal Effectiveness

Local resources to help you deal with stress include:

Depression Assessment

Depression may be an underlying clinical disorder for you. Sometimes people use nicotine to medicate themselves for clinical depression. Depression can be effectively treated with a combination of medication and therapy. The first step is to determine if depression exists beyond the normal ups and downs of life.

See your health care provider if you have little interest or pleasure in doing things or have feelings of being down, feeling hopeless or depressed.

52 Proven Stress Reducers

Adapted from the American Lung Association
"Freedom from Smoking"

Try a new Stress Reducer every week for the next year (52 weeks). If the stress reducer works, keep doing it, if it doesn't work try the next one on the list.

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table. Make lunches. Put out the clothes you plan to wear, etc.
3. Don't rely on your memory. Write down appointment times, when to pick up the laundry; when library books are due, etc. ("The palest ink is better than the most retentive memory"-Old Chinese Proverb.)
4. Do nothing you have to lie about later.
5. Make copies of all keys. Bury a house key in a secret spot in the garden. Carry a duplicate car key in your wallet or purse.
6. Practice preventive maintenance. Your car, appliances, home, and relationships will be less likely to break down "at the worst possible moment."
7. Be prepared to wait. A paperback book can make a wait in a line almost pleasant.
8. Procrastination is stressful. Whatever you want to do today, do it now.
9. Plan ahead. Keep the gas tank full, keep an "emergency shelf" of home staples in stock, don't wait until you're down to your last bus token or postage stamp to buy more.
10. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces, windshield wipers - whatever -are a constant aggravation, fix or replace them.
11. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport one hour before domestic departures.
12. Eliminate (or restrict) the amount of caffeine in your diet.
13. Always setup contingency plans.
14. Relax your standards. The world will not end if the grass doesn't get mowed today.

15. Pollyanna-Power! For everyone thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count them.
16. Ask questions. Taking a few moments to repeat back the directions that someone expects of you can save hours.
17. Say "NO!" Say no to extra projects, social activities, and invitations you know you don't have the time or energy to enjoy. Exercise the belief that everyone needs time to relax and be alone.
18. Unplug your phone.
19. Turn "needs" into preferences. All we NEED is food, water, air, and shelter. Everything else is a preference.
20. Simplify, simplify, simplify!
21. Make friends with non-worriers. Chronic worrywarts are contagious and cause great fatigue.
22. Take stretch breaks when you sit a lot.
23. If you can't find quiet at home, wear earplugs.
24. Get enough sleep. Set your alarm for bedtime.
25. Organize! A place for everything and put everything in its place. Losing things is stressful!
26. Monitor your body for stress signs. If your stomach muscles are knotted and your breathing is shallow, relax your muscles and take some deep breaths.
27. Write your thoughts and feelings down on paper. It can help you clarify and give you a renewed perspective.
28. Do this yoga exercise. Inhale through your nose to the count of eight. Pucker your lips and exhale slowly through your mouth to the count of 16. Concentrate on making a long sighing sound and feel the tension dissolve. Repeat 10 times.
29. Visualize success before any experience you fear. Take time to go over each part of the event in your mind. Imagine how great you'll look, how well you'll present yourself.
30. If the stress of deadlines gets in the way of doing a job, use diversion. Take your mind off the task for 5 to 10 minutes. You will focus better when you start up again.

31. Talk out your problems with a friend. It helps to relieve confusion.
32. Avoid people and places that don't fit your personal needs and desires.
33. Learn to live one day at a time.
34. Everyday, do something you really enjoy.
35. Add an ounce of love to all you do.
36. Take a warm bath or shower to relieve tension and provide a relaxing moment.
37. Do a favor for someone everyday.
38. Focus on understanding rather than being understood, on loving rather than being loved.
39. Looking good makes you feel better.
39. Take more time to relax between tasks. Schedule a realistic day.
40. Be flexible. Some things are not worth perfection.
42. Stop negative self-talk.
43. Change pace on days off. If your work week was slow, be active. If you felt nothing was accomplished at work, do a home project.
44. "Worry about pennies, and the dollars will take care of themselves." Pay attention to the details in front of you.
45. Do one thing at a time.
46. Allow time every day for privacy, quiet, and reflection.
47. Do unpleasant tasks early and enjoy the rest of the day.
48. Delegate responsibility to capable people.
49. Take lunch breaks. Get away from the tasks in body and mind.
50. Count to 1000 before you say something that could make matters worse.
51. Forgive people and events. Accept that we live in an imperfect world.
52. Have an optimistic view of the world. Most people do the best they can.

Homework:

1. Complete the food record on page 9 for one day.
2. Compare your tobacco use and your food use in your food record. Think about ways, other than eating and tobacco, to manage anxiety, loneliness, anger, boredom, and needs for comfort.
3. Read “More on Stress Management,” pages 15-21.
4. Bring in Tobacco Use logs you completed prior to starting the class.